

## **ABSTRACT**

Systems and methods are provided for providing personalized health maintenance advice to a user. According to one illustrative embodiment, a method for determining the degree to which a user complies with a health maintenance program is provided that includes: providing a plurality of prevention elements; weighting the prevention elements relative to one another; determining to what extent the user complies with each prevention element; and determining an overall preventative maintenance score for the user based on the extent to which the user complies with each prevention element.